

**COMMUNITY SERVICES DISTRICT
PARKS & RECREATION DEPARTMENT**



www.egcsd.ca.gov

Water Aerobics

Age 18+

Designed for beginners to advanced. Get fit this spring and summer season with exercise options for all levels and abilities. These low impact workouts focus on building cardiovascular endurance and muscular strength by using hydro tone equipment and the resistance of the water. With a wide variety of classes, water aerobics is a fun way to burn calories and get in shape, all while getting fresh air and sunshine.

**To participate in the low-impact, deep-water aerobics classes, participants must be able to swim across the pool (25 yards) unassisted.*



**Wackford Community & Aquatic Complex, Competition Pool
(9014 Bruceville Road)**

\$5/Daily or \$45/10-Visit Punch Pass or \$30/Monthly Pass or \$25/Monthly Automatic Payment

Extended Water Aerobics Schedule:

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 1 - 31	9:00 - 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 - 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 - 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 - 8:30 pm	Basic	Kickboxing	Specialty	Toning		
June 1 - Aug 31	9:00 - 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 - 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 - 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 - 8:30 pm	Basic	Kickboxing	Specialty	Toning		
	8:30 - 9:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
Sept 1 - 30	9:00 - 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 - 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 - 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 - 8:30 pm	Basic	Kickboxing	Specialty	Toning		

**We will be closed for lap swim and water aerobics on the following Saturdays: May 6, May 20, June 3, June 17, July 15*

For more information, call the Wackford Community & Aquatic Complex at

405-5600